

Suggested Guidelines to the Prayer of the Examen *

Examen comes from the Latin referring to the tongue or weight indicator on a balance of scale, hence **conveying the idea of an accurate assessment of the true situation.**

1. Preparation:

- Take a few moments to sit in Silence and Stillness (Use a Centering Prayer)
- Invite the Holy Spirit to fill your heart and mind.

2. Review the last 24 hours or an Event or Period of Time:

- Review the past 24 hours or choose an event or period of time for examination.
- Let each hour of the past day gently pass by your experience. Linger as you remember the experiences.
- Reflect on the ways in which God *was present* to you AND *how you responded* to Him (positively or negatively)? *or ignored him*
 - Where do you see God at work? Did you see Him in your joy, fears, suffering, work, play? In acts of service, study? In someone's encouragement, correction, or prayer? In an event, person, sound, sunset, music, or action?
 - When or where in the past 24 hours did you feel you were cooperating most fully with God's action in your life?
 - When or where in the past 24 hours did you feel you were resisting God's presence and action? Are there actions or thoughts that require God's forgiveness? The pardon of others?
 - What feeling and thoughts are emerging as you look back over the past 24 hours?
- In what ways do you believe God may be calling you to new awareness, a change of heart or a different action?

3. Close with a Word of Thankfulness to God:

- Thank God for whatever you have received
- Ask for the grace, perseverance, and courage to live out the change that needs to be made as a result of your Examen
- Express these feelings through journaling, body posture, words, in some art medium, singing, etc.
- If possible, share your reflections and discoveries with a good friend or your Soul Care group

Frequency - Try doing this prayer exercise once or twice a day - or at least once weekly

Check out this web site:

<http://www.pray-as-you-go.org/>

• These are adapted from - "Prayer of the Examen" - http://www.fpcberkeley.org/cr_examen.asp